

Passion to PowHer

Empowering the next generation of women through mentoring, networking and goal setting



Our Story

We founded Passion to PowHer as a nonprofit foundation with a mission to support and empower young women ages 13-22. We provide tools to unlock their full potential and inspire them to fulfill their dreams. Passion to PowHer Days will guide these young ladies through their Passion Test, provide interactive workshops, mentorship opportunities, as well as a line-up of motivational speakers that will share their stories and give attendees valuable resources for overcoming challenges, developing confidence and building a path to success. Breakout sessions focus on mental and physical well-being, mindfulness, health and fitness, self-love and confidence.

What to Expect

Inspiration through mentorship

Mentorship is a fundamental focus. Young women who attend will have the opportunity to connect and interact with accomplished women from various fields. It is through connection with inspiring mentors, that a spark can be ignited and empower young women to set and achieve their goals. The mentors will share their personal journeys, offer guidance and provide valuable insights to help participants envision their own pathways to success.

Mental and physical well-being

Participants will engage in activities that promote self-care, stress management and resilience. From yoga and mindfulness tips to discussions on healthy habits and nutrition, young women will leave equipped with the knowledge and skills to prioritize their well-being, ensuring they can pursue their passions with vitality and enthusiasm.

Setting and achieving goals

Workshops and interactive sessions will give participants a practical understanding of goal setting. They will learn how to define their aspirations, create actionable plans and stay motivated on their journey. Whether it's excelling in academics, pursuing a dream career or making a positive impact on society, attendees will gain the confidence and the tools embrace their ambitions and passion.

Fostering community

In addition to the knowledge and skills offered through Passion to PowHer Day, participants will become part of a vibrant and supportive community. The connections formed during the event will extend beyond the day, providing young women with an enduring network of like-minded peers and mentors. This community will serve as a source of encouragement, guidance and inspiration, fostering young women's journeys toward success.



“As a woman working in a male-dominated field, and as a mother with a daughter, I wanted to create something that could help change the trajectory for girls and young women trying to find their way. My hope is this will be the first of many events that will support young women as they determine and realize their true passions and goals, and provide a vehicle that fosters a community of encouragement and belonging. The day will be educational, and it will also be fun. It will include musical performances and entertainment, a healthy lunch and refreshments, and every participant will go home with a gift.”

Shelby Duplessis

Passion to PowHer Founder
and Business Owner

This is Just the Beginning

In our first year, we had 202 young ladies come through the program



Ready to get involved?

Reach out to Shelby Duplessis
shelby@diversifiedfuture.com